

# HAPPY BIRTHDAY POTLUCK

## Healthy Food Guideline Checklist:

- ☐ Make half of all food offerings colorful fruits and vegetables\*
- ☐ Offer smaller portions of foods
- ☐ Offer foods low in solid fats, added sugars, and sodium
- ☐ Offer whole-grain foods
- ☐ Make water more available

\*For information and tips about filling half your plate with fruits and veggies, visit [FruitsAndVeggiesMoreMatters.org](http://FruitsAndVeggiesMoreMatters.org).

## Sign-up Sheet:

### Appetizer:

Multigrain Tortilla Chips: \_\_\_\_\_

Baked Tortilla Chips: \_\_\_\_\_

Guacamole: \_\_\_\_\_

Mild Salsa: \_\_\_\_\_ Hot Salsa: \_\_\_\_\_

### Sandwiches:

Whole Wheat Rolls: \_\_\_\_\_ , \_\_\_\_\_

Sliced Lean Turkey: \_\_\_\_\_ , \_\_\_\_\_

Sliced Lean Ham: \_\_\_\_\_ , \_\_\_\_\_

Low Fat Swiss: \_\_\_\_\_ Low Fat Cheddar: \_\_\_\_\_

Sliced Tomato: \_\_\_\_\_

Lettuce: \_\_\_\_\_ Spinach: \_\_\_\_\_

Light Mayo & Mustard: \_\_\_\_\_



**BetterHealth**

CITY OF ALBUQUERQUE AND  
PARTICIPATING GOVERNMENT ENTITIES

*Better you.*

# Sign up Continued

## Sides:

Quinoa, Corn, Black Bean Salad: \_\_\_\_\_

Whole Wheat Pasta Salad with Veggies: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

## Dessert:

Mini Cupcakes OR Cake Cut into 2" Slices: \_\_\_\_\_

Honeydew in Chunks: \_\_\_\_\_ Cantaloupe in Chunks: \_\_\_\_\_

Watermelon in Chunks: \_\_\_\_\_

Sliced Pears: \_\_\_\_\_ Sliced Kiwi: \_\_\_\_\_

## Extra:

3 Gallon Water Jug + Berries for Flavoring: \_\_\_\_\_

Tbsp and Tsp Measuring Spoons: \_\_\_\_\_

Paper Plates: \_\_\_\_\_ Bowls: \_\_\_\_\_

Utensils: \_\_\_\_\_

Paper Cups: \_\_\_\_\_

Napkins: \_\_\_\_\_

*"Eating fruits and veggies matters in  
maintaining a healthy weight and may  
reduce the risk of many diseases."*

*Fruits & Veggies—More Matters®  
Produce for Better Health Foundation*

**BetterHealth**

CITY OF ALBUQUERQUE AND  
PARTICIPATING GOVERNMENT ENTITIES

*Better you.*